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(54) JOGGING PAD

(71) I, PETER AKERLUND, a Swedish subject, of 30 Skolgatan, Boras, Sweden, do hereby declare the invention, for which I pray that a patent may be granted to me, and the method by which it is to be performed, to be particularly described in and by the following statement:—

This invention relates to a jogging pad for exercising the human body by running on the spot.

According to the opinion of experts, running on the spot is an effective method of body building exercising and fully comparable to normal running, cycling and skiing, from a physiological point of view. Psychologically, however, the difference is great.

According to the present invention there is provided a jogging pad for exercising the human body, comprising an upper soft thin elastic layer, an intermediate rigid layer and a resilient base layer of a thickness capable of resiliently carrying a person's weight and so formed that by gradual increase of its thickness from one edge to the opposite one the pad is given inclined shape.

An embodiment of the invention will now be described by way of example, with reference to the accompanying drawings, in which:—

Figure 1 is a perspective view of a jogging pad according to the present invention, and

Figure 2 is an exploded perspective view of the pad shown in Figure 1.

The jogging pad according to the invention for running on the spot is of simple construction and comprises, a sheet of artificial leather fabric A which is stretched over a foam plastics insert B and a plywood board C. The plywood board C is joined to a lower foam plastics base layer D by glueing. The base layer D is formed such that it increases in thickness gradually from

one edge to the opposite one, so that the pad is given an inclined shape.

The combination of a non-elastic and an elastic material in the above described construction produces an ideal springiness, variation and softness of the base support which is gentle to the feet and legs. If the support for running thereon is too hard, the legs become rigid and the user soon becomes tired and unable to continue as long as it is desirable for improving his physical condition.

WHAT I CLAIM IS:—

1. A jogging pad for exercising the human body, comprising an upper soft thin elastic layer, an intermediate rigid layer and a resilient base layer of a thickness capable of resiliently carrying a person's weight and so formed that by gradual increase of its thickness from one edge to the opposite one the pad is given inclined shape.

2. A jogging pad according to Claim 1 in which the rigid layer is plywood.

3. A jogging pad according to Claim 1 or 2 in which the resilient base layer is a foam plastics.

4. A jogging pad according to any preceding claim in which the layers are covered by a sheet of fabric.

5. A jogging pad for exercising the human body, substantially as herein described, with reference to the accompanying drawings.

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[Price 25p]

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COMPLETE SPECIFICATION

1 SHEET

*This drawing is a reproduction of
the Original on a reduced scale*

